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Benefits of Stretching – Vital Exercise Suggestions

What Are The Benefits of Stretching?

Stretching is among the most vital aspects to any exercise, however it is important to go beyond stretching. The *benefits of stretching* include the different exercise tips that everyone should know, in order that they will get the very most out of every workout they do.

Benefits of Stretching – Cardio Exercise

One of the most important workouts you'll ever partake in is cardiovascular exercise.

Cardio exercise presents an array of benefits of stretching for all participants and is appropriate for everyone, of all ages, active and inactive. Among the finest issues about cardiovascular activity is that it's such an effective way to burn calories.

It actually gets the heart pumping and helps to boost your metabolism so that even if you end up not actually exercising you might be still burning calories at a faster rate.

The best benefits of stretching with cardiovascular exercise is there are also many psychological advantages, as it may assist you to feel stronger, more capable, happier, and more energetic.

Whenever you really feel better about yourself you are feeling more positive about life basically and so it definitely has a powerful impact on this regards.

Yoga Exercise

Exercises such as yoga provides probably the greatest benefits of stretching however it is really more for relaxation purposes. Yoga helps to improve flexibility and muscle joint mobility, and also strengthens, tones, builds muscle, and improves your general well-being.

Yoga is definitely one of the crucial important workouts to understand in connection with the actual benefits of stretching,, because it provides a number of mental benefits. These include:

- The increase of body awareness
- Relieving chronic stress patterns within the body
- Stress-free the thoughts and body in general
- Centering attention, amongst other things.

Yoga is actually thought of as being a near perfect exercise routine, and is distinctively totally different from every other exercise out there.

When carried out with dedication and purpose, yoga might be quite demanding, especially considering what explicit type of yoga you get into, but it's always immensely rewarding.

Yoga really stresses quality of movement over quantity, unlike most other exercises, and this is among the major differences that make it so unique.

No matter which exercise you end up interested in nonetheless, do not forget that the benefits of stretching is going to be one of the most important aspects of all.

This will assist to warm your body up and make you extra limber and ready to get started with your exercise. Benefits of stretching include helping to maintain your muscle tissues from shortening and weakening as you age.

For Full reviews and essential secrets to staying fit, make sure you visit 1st4-Fitness.com

Benefits of stretching

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Foam Roller – 66Fit Elite Blue Foam Roller

66Fit Foam Roller

Did You Know That A High Density Foam Roller Is Great To Stretch & Promote Flexibility?

- Used in physiotherapy, pilates, yoga, fitness and rehabilitation.
- Extensively tested over the last 12 months and has a 100% pass rate.
- Foam rollers are used by many people to help loosen the iliotibial band



As Seen On TV



[Go To Official 66Fit Foam Roller Manufacturers Site Here](#)

What Actually Can a Foam Roller Do For You?

A *Foam Roller* is ideal for stretching, the 66 Fit Elite Foam Roller (stability roller) can help improve stability and flexibility and is great for promoting stabilisation, core strength and balance training. Foam rollers are used by many people to help loosen the iliotibial band and can help in the prevention and treatment of pain to this area.

The Foam Roller is manufactured by Physio Supplies UK, who are described as the leading Internet supplier of physiotherapy, rehabilitation, and sports therapy equipment to the public, patient, NHS and professional therapist. 66Fit. Their product range has been designed, developed and improved over the past 11 years. They have taken the best, and made it even better! So you are assured of the best there is!

Specifications of The Foam Roller:

- Size: 15cm x 90cm
- 6" x 36"
- Colour: Blue
- Foam Density: 150mm(D) x 91cm = 750g nominal density = 0.0466g/cm3
- Made in the USA

Independent Customer Reviews:

"Once you get the hang of using this and get over the INTENSE pain of muscles that haven't been properly stretched for ages you realize what a great piece of kit this is - save a fortune on sports massage and get that ITB stretched. Well worth the money even if you do feel a bit of a burk using it" Amazon - Sept 2010

"Bought on recommendation as had tight IT band. Has also been great to massage tight calves. Feels quite sore to begin with but stick with it as it really does help". Amazon May 2010

"It's a great, firm roller that is easy to use and considerably cheaper than Pilates branded rollers, even though it's the same (to all intents and purposes)". Amazon Dec 2009.

Foam Roller Guarantee

- Physio Supplies, guarantee your complete satisfaction with all products obtained from them.
- All products that are returned in an unopened and re-sellable condition are refunded in full
- Your rights to return goods are protected under the EU Distance Selling Directive which can be found [here](#)
- When the order is placed credit card numbers are encrypted using 128 bit encryption - for complete peace of mind



Pro's Using Foam Roller

- Quick & Easy to use
- Good value for money - much cheaper alternative to other more expensive options
- Good for problems with knees & tight muscles

- Excellent for stretching, balance and massage

Cons Using The Foam Roller

- User reports state that it can take a while to get used to using it and may hurt a little at first, but will pay dividends in long run
- You need to check the techniques you use to get maximum benefit
- May be a little harder than some foam rollers you may find in the gym, but this can also be a plus point

Recommendations

The foam roller is an excellent and very economical method of keeping fit, particularly in respect of promoting stabilisation, core strength and balance training. It has been extensively tested both in the USA & the UK with a 100% pass rate.

Foam rollers are used by many people to help loosen the iliotibial band and can help in the prevention and treatment of pain to this area. Physio Supplies with the 66Fit Elite Blue Foam Roller are regarded as leaders in supplying both the public and the professional services which includes the NHS, so I wouldn't hesitate to recommend buying directly from them.

[Order The Blue Foam Roller Today & Start The Road To Recovery](#)

PS. Get an additional 20% OFF your total order when you choose 6 products or more!

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66Fit Elite Blue Foam Roller

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Back Stretching Exercises

Back Stretching Exercises – The Secrets You Need To Know

Back Stretching Exercise To Ease Back Ache

Back pain is a typical occurrence once you exert too much or don't do the right **back stretching exercises** before any sports activities or activity. *Back stretching exercises* are great for getting your body and back ready for activities that will affect the back. Back pain is tiresome because the pain can typically debilitate you and affect your entire body when it's too much. The right [back stretching exercises](#) can really assist to forestall and lessen the danger of injury.

There are several back stretching exercises that can assist us. A few of these back stretching exercises are really superb and might benefit those who indulge in endurance and physique building exercise programs. Instead of resting once you experience back pain, most sports trainers recommend gentle back stretching exercises with the intention to redistribute vitamins and the elements needed for faster healing. The exercises may help improve circulation in the affected areas comparable to mushy tissues and disc spaces to maintain them healthy and more flexible.

Soft Tissues To Target For Exercise

There are several muscle groups and muscle groups that should be regularly exercised as a way to promote better well being and healing in case of injuries. Not only back stretching exercises are needed for these muscle groups since some muscle tissue will not be solely found within the back but also within the legs and buttocks.

The muscle mass found in and around our buttocks and lower back are essential within the flexibility and movement of our hips. In most people injuries to this areas result to less mobility and increased danger of recurring ache in the same area. There are back stretching exercises which target these areas and in addition other exercises that help to promote extra flexibility and flowing movement of the muscles.

The Psoas Major is the muscle found in the lower spine and might be easily affected by the flawed form of posture and strenuous activity. That you must repeatedly include this muscle in back stretching exercises with the intention to assist it perform better and withstand regular exercise and activity. If this muscle is too tense or tight, you can not bear to stand or kneel to long and the pain could be sometimes unbearable.

The right sorts of back stretching exercises are good for us. These have to be done with the right guidance and also you need to be aware of the state of your health earlier than you try any back stretching exercises because some back pain are brought on by bones or discs and not muscles.

Did you find those tips on back stretching exercises useful? You can learn a lot more about how stretching exercises can help you by visiting <http://1st4-fitness.com>.

Back Stretching Exercises

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